



Steps to Wellness

The following outline is a systematic approach to help women who have given birth, miscarried, or adopted and who are encountering problems to these major life-changes. They can work for every member of the family because they are based on common sense.

1. [Education](#)
2. [Sleep](#)
3. [Nutrition](#)
4. [Exercise & Time for Yourself](#)
5. [Non-judgmental Sharing](#)
6. [Emotional Support](#)
7. [Practical Support](#)
8. [Referrals & Other Resources](#)

Please note the natural progression of these words. They are in an order that builds one upon the other. Make notes as you read and “listen” to your responses. After you review these steps it’s time to write your [Plan of Action](#).

Source: <http://janehonikman.com/steps-to-wellness/> via <http://www.fourthtrimesterpodcast.com/>